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WELL NOURISHED CHILDREN

A discussion by Mrs. Rowena Schmidt Carpenter, Bureau of Home Economics, and Wallace L. Kadderly, Radio Service, broadcast Monday, May 1, 1939, in the Department of Agriculture portion; National Farm and Home Hour.

--ooOoo--

MR. KADDERLY:

May Day has rolled around again, and with its coming we celebrate the official Child Health Day, by proclamation of President Roosevelt --- a day when the health of the children all over the United States gets special attention. This nation-wide Child Health Day grew out of the Baby Health week campaigns that began in 1916. Of course, Child Health is a matter of importance EVERY week -- EVERY DAY --- as Mrs. Rowena Schmidt Carpenter can testify. You know Mrs. Carpenter answers letters the year around -- letters that parents write to the Bureau of Home Economics, and many of them ask about child nutrition and health. And she is here now to help us keep our attention on special Child Health Day. Mrs. Carpenter, what's the best way to focus our thoughts on child health?

MRS. CARPENTER:

Well Mr. Kadderly, I think we might start by recalling the Child Health Day slogan. It says: "The HEALTH OF THE CHILD IS THE POWER OF THE NATION." This slogan was first used during the Children's Year campaign 20 years ago, and it has been revived by the Children's Bureau of the Department of Labor as particularly appropriate this year. 1939 will again be a year of national stock taking in the field of child health and welfare.

KADDERLY:

And how does the Bureau of Home Economics in Agriculture fit into this child health program?

CARPENTER:

Very nicely. You see, child feeding problems and good nutrition have long been a part of the work of our bureau. And good nutrition is, of course, an important part of good health.

KADDERLY:

Yes, I guess it would almost go without saying that children must be well nourished if they are to be healthy in every way. Of course, even a well-nourished child can get sick.

CARPENTER:

Oh yes! But we know that well-nourished children are usually better able to resist many kinds of disease. And if they do get sick, they certainly have a better chance to get well quickly than undernourished children have.

KADDERLY:

That's a strong plea to parents to see to it that their children eat the right kinds of food in suitable amounts!

(over)

CARPENTER:

Yes, it is. And it's a long-time program. Parents have a responsibility for the health of their children that starts before the children are born and lasts until they are fully grown. That's why we urge prospective mothers to eat the right foods and follow other rules of health, and so give their babies a good chance to be born healthy.

KADDERLY:

And then build on this good foundation by seeing that the baby, and the toddler, and the school child each has food that takes care of growth and health.

CARPENTER:

That's right. And there's one point I want to stress right here -- a good diet doesn't have to be expensive. Fortunately, many foods that are very nourishing are also very cheap.

KADDERLY:

That is a good point -- and reminds me to mention this new bulletin that I have in my hand -- Well-Nourished Children -- just issued for Child Health Day. It carries a lot of information that will assist in stretching the buying power of the food dollar, doesn't it?

CARPENTER:

Indeed it does. That's one of the important reasons why it was published by the Children's Bureau and our bureau jointly. It's dedicated especially to the children in the family. It's brief and simple --

KADDERLY:

And free.

CARPENTER:

Yes, it's free. Those of us who worked on this bulletin tried to make it answer briefly questions about the amount and kinds of food that play a part in good nutrition. And to point out inexpensive choices within each food group. We also give the reason for green vegetables, the reason for milk, the reason for cod liver oil. And we show how the children's diet is like what the rest of the family should eat. It has a section on good food habits. That's the last link in the chain.

KADDERLY:

I can understand the importance of that "last link", as you call it.

It's all very well to put the right foods before a child, but little good they will do him if he doesn't EAT them.

CARPENTER:

That's just the point. So we stress appetite, fresh air and exercise, regular hours for meals, a good example set by parents at the table, and the rest of the list that makes for good food habits.

KADDERLY:

In the few moments I have had to look at this leaflet I was struck with the amount of information covered in its 16 small pages. I am sure, Mrs. Carpenter, that every parent and every child welfare worker will want a copy of this new leaflet. May they have one?

CARPENTER:

Yes indeed --- and I'm sure they'll find use for it not only in the month of May, but the year around.

KADDERLY:

Very good.

Farm and Home Friends, let me give you the title of the leaflet again -- "Well-Nourished Children". As Mrs. Carpenter has said it is published jointly by the Children's Bureau and the Bureau of Home Economics, and is free. If you wish a copy, we'll be glad to supply you. Address your request to the Department of Agriculture, Washington, D. C.

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